

Successfully Replicating a Youth Sexual Risk Behavior Prevention Program



WisLine Web Presentation
Monday, February 28, 2005
10:30 – 11:30 a.m.

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**WisLine Web Presentation Monday, February 28, 2005 10:30 – 11:30 a.m. Julie Solomon,
Ph.D. Socio...**



Presentation Objective

- By the end of this session, you will be able to identify appropriate strategies for addressing several key program replication challenges.

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Presentation Objective

What is “Replication”?

- Process of moving a pre-existing program with evidence of effectiveness to additional sites in a way that *both*:
 - retains *fidelity* (strict adherence) to the core program
 - and
 - permits *flexibility* (leeway) to adapt the program to the new context and population.

(See CSAP, 2003; Kelly et al., 2000)

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What is “Replication”?

What is “Fidelity”?

- *Fidelity* to the “core program” involves maintaining the original program’s:
 - key behavioral and reproductive health status goals/objectives
 - underlying theory of behavior change
 - “core program components,” as defined by the original program developer/evaluator.

(See CSAP, 2003; Kelly et al., 2000)

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What is “Fidelity”?



What is “Adaptation”?


- *Adaptation* refers to (non-core) changes to the original program to *reduce mismatches* between the program and the new setting, target population, and community.

(See Castro et al., 2004; CSAP, 2003; Kelly et al., 2000)

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What is “Adaptation”?



Sources of Program-Context Mismatch

- Mismatches between the program and your local context may result from:
 - Community's cultural or social norms
 - Community's infrastructure
 - Target population's language
 - Target population's developmental stage
 - Agency's infrastructure
 - Agency's access to target population

(See Castro et al., 2004)

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Sources of Program-Context Mismatch

Top 3 Replication Challenges

- WisLine presentation registrants were asked to complete a survey on replication challenges.
- 9 completed surveys were received by DPI.

The 3 most frequently noted replication challenges:

<i>Challenge</i>	<i>Respondents selecting that item</i>
1. Not having enough time with the target population to implement the program fully	67% (6 out of 9)
2. Difficulty deciding whether to develop a new program or replicate an existing one	56% (5 out of 9)
3. Difficulty deciding which program to replicate	56% (5 out of 9)

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Top 3 Replication Challenges



Challenge #1: The Issue

- Not having enough time with the target population to implement the program fully

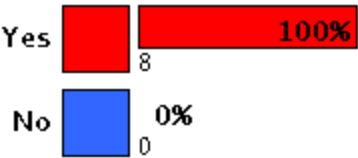
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Challenge #1: The Issue

Have you ever faced the challenge of having too little time with the target population to implement the program fully?

Polls are closed.



Challenge #1: Your Situation



Challenge #1: Proposed Strategies *Effects of Shortening a Program*

- If an empirically-validated program has activities/components shortened or cut out, the program may not be as effective.
- The only way to know *for sure* how such curricular changes affect outcomes is to rigorously evaluate the program as implemented.
- HOWEVER- there are strategies for:
 - Avoiding having to shorten a curriculum
 - Making strategic program cuts

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Challenge #1: Proposed Strategies Effects of Shortening a Program



Challenge #1: Proposed Strategies *Avoiding Having to Cut*

- BE PROACTIVE-- Try to address time constraints *before* a curriculum is chosen.
- Have ongoing dialogue among boards/supervisors/staff about:
 - Importance of implementing empirically-validated curricula *fully*
 - how much time is *needed* to plan and fully implement specific curricula
 - how much time is *available* to line to fully implement specific curricula
- Select curricula with time constraints in mind.

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Challenge #1: Proposed Strategies Avoiding Having to Cut



Challenge #1: Proposed Strategies

Length of Curricula: Examples

Making a Difference! An Abstinence(-Based) Approach to Prevention of STDs, HIV, and Teen Pregnancy	8 sessions each 60 minutes
Reducing the Risk	16 sessions (minimum) each 45 minutes
Becoming a Responsible Teen (BART)	8 sessions each 90-120 minutes
Making Proud Choices! A Safer Sex Approach to Prevention of STDs, HIV, and Teen Pregnancy	8 sessions each 60 minutes; or 4 sessions each 2 hours

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Challenge #1: Proposed Strategies Length of Curricula: Examples



Challenge #1: Proposed Strategies

The Promise of Computer-Based Interventions

- *Computer-based interventions:* interventions that are delivered primarily or exclusively through computers.
- **Advantages**
 - Decrease delivery cost
 - Require less contact time
 - Increase program fidelity
 - Are appealing to many target groups
- **Disadvantages**
 - Need computers and privacy for users
 - May not be possible to adapt for different populations/users

(See Di Noia et al., 2004; Downs et al., 2004; Evans et al., 2000; Marsch & Bickel, 2004; Thomas et al., 1997)

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Challenge #1: Proposed Strategies The Promise of Computer-Based Interventions



Challenge #1: Proposed Strategies

Adapting Curricula for Time Constraints

- Read about the curriculum's core components:
 - What are the key goals and objectives of the program?
 - What is the behavioral theory that underlies the program?
 - What does the original developer/evaluator consider the "core components" to be?
- If you must cut activities:
 - Remain faithful to core components
 - Consider target population *needs and assets* in making cuts
 - Assign some activities as homework (as appropriate)
 - *DON'T cut out all or most of the interactive/small group activities.*

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Challenge #1: Proposed Strategies Adapting Curricula for Time Constraints



Challenge #1: Your Suggestions & Questions

- Do you have other suggestions or questions about the challenge of *not having enough time with the target population to implement the program fully?*

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Challenge #1:

Your Suggestions & Questions



Challenge #2: The Issue

- How to decide whether to replicate an existing program or develop a new program

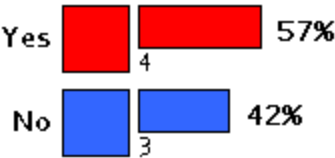
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Challenge #2: The Issue

Have you ever had difficulty deciding whether to replicate an existing program or develop a new one?

Polls are closed.



Challenge #2: Your Situation




Challenge #2: Proposed Strategies

- Learn about what empirically-validated programs are available.
- As you assess the fit of specific programs for your context, consider:
 - Is there ***strong evidence*** that the program has achieved sexual behavior or health status ***goals/objectives*** that are appropriate for your community/population?
 - How similar is the original ***target population*** to your target population?
 - Is the program a good match for your ***agency setting and resources***?
 - Can you obtain a full set of ***program materials***?
 - Is the program likely to ***engage participants***?

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Challenge #2: Proposed Strategies



Challenge #2: Strategies

Best Case Scenario


■ **Best-case scenario:**

- If a candidate program is a good match to your context/situation on all criteria then replicate it with few or no adaptations.
 - It can save time-- no “reinventing the wheel”
 - It can increase the likelihood of positive outcomes
 - It is often preferred by funders
- *If the program has some examples/activities that seem too boring or mechanical, then substitute more engaging ones that address the same goals/objectives as the ones you are replacing.*

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Challenge #2: Strategies Best Case Scenario



Challenge #2: Strategies *In Other Cases*


- ***Make a decision about whether to replicate or develop a new program based on:***

- Resources needed to adapt the program (e.g., content, format, materials) vs. develop a new one
 - Money, time, expertise, access to original developer
- Resources available to adapt the program vs. develop a new one
 - Money, time, expertise, access to original developer
- Constituent/stakeholder perspectives
 - e.g., Board, supervisors, funders, colleagues, community members

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Challenge #2: Strategies In Other Cases



Challenge #2: Your Suggestions & Questions

- Do you have other suggestions or questions about the challenge of *deciding whether to replicate an existing program or develop a new program?*

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Challenge #2: Your Suggestions & Questions



Challenge #3: The Issue

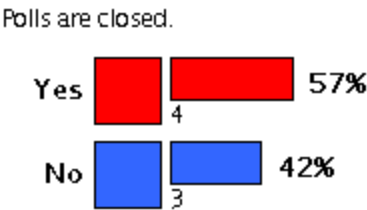
- Difficulty deciding which program to replicate

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Challenge #3: The Issue

Have you ever had difficulty deciding which program to replicate?



Challenge #3: Your Situation



Challenge #3: Proposed Strategies

- Investigate which programs...
 - Have shown **strong evidence** of achieving sexual behavior or health status **goals/objectives** that are appropriate for your population/community
 - Were developed for a **target population** that is similar to yours (with respect to age, gender, race/ethnicity, cultural norms, etc.)
 - Are a good match for your **agency setting and resources**
 - Make their **program materials** available at a cost you can afford
 - Are likely to **engage participants**

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Challenge #3: Proposed Strategies




Challenge #3: Strategies (cont'd.)

- Gather program information from scientifically reputable sources.
- Review outcome evaluation methods/findings.
- Look for the program that rates the “highest” on all criteria (per prior slide).
- If several programs “tie,” consider which criteria are most important to your agency, target population, and community.

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Challenge #3: Strategies (cont'd.)




Challenge #3: Your Suggestions & Questions

- Do you have other suggestions or questions about the challenge of *deciding which program to replicate?*

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Challenge #3: Your Suggestions & Questions



Summary of Key Points

- Know your agency, target population, and community *needs and assets*.
- Investigate what *empirically-validated* programs are available
 - What are their core components?
 - What populations were they developed for?
 - What resources are required to adapt them (if necessary) and implement them?
- Engage pro-actively in *dialogue* about the potential match/mismatch between available programs and community, agency, and target population needs and assets.

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Summary of Key Points



Additional Questions or Comments?

- Please share any additional thoughts by phone.
- You may also wish to share them electronically (via “Ask a Question”)-- even if we cannot read them all out loud now, they will be archived and made available to all attendees after the training. *(Note that your name will be included with your comments.)*

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Additional Questions or Comments?